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Reference #

144/2446

Title: Characteristics of the diet in the Argentine population. Results of ELANS study.

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Background and Objectives:

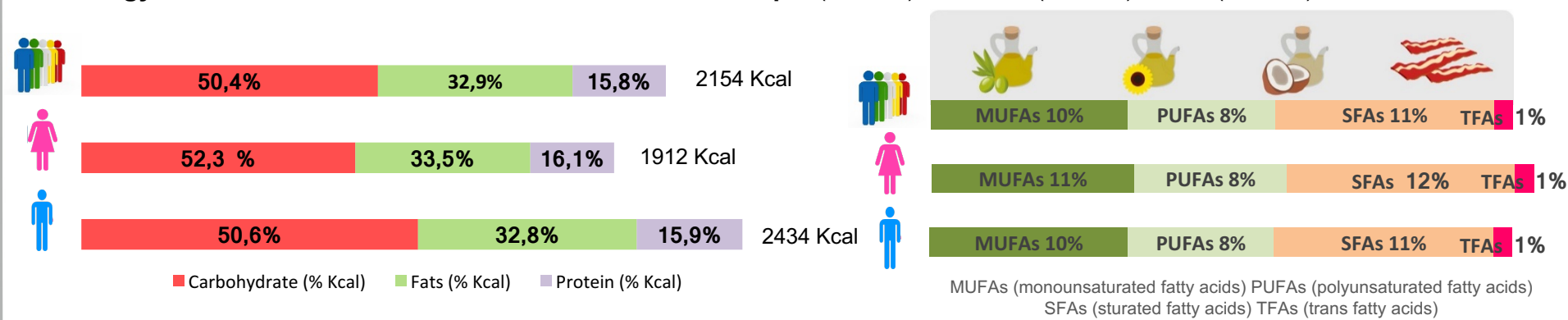
The diet is determinant in the development of chronic diseases. The aim of this study was to assess energy intake (EI) and macronutrients intake (MI) and distribution (MD) of the Argentine population

Methods:

Data from 1266 Argentinian people (15-65 y) participating in the Latin American Health and Nutrition Study (ELANS), a multicenter study developed in urban areas of 8 LA countries. Intake was assessed by two face to face 24-hour recalls and processed by the software Nutritional Data System for Research (NDS-R). Daily intake was analyzed by age, gender, socioeconomic level (SEL) and region (Buenos Aires Metropolitan Area (AMBA), Cuyo, Pampeana, Northwest, Northeast and South). The median values of EI and MI and percentages of MD were calculated. Sample expansion factors were calculated and descriptive statistical data analysis was performed with SPSS 20

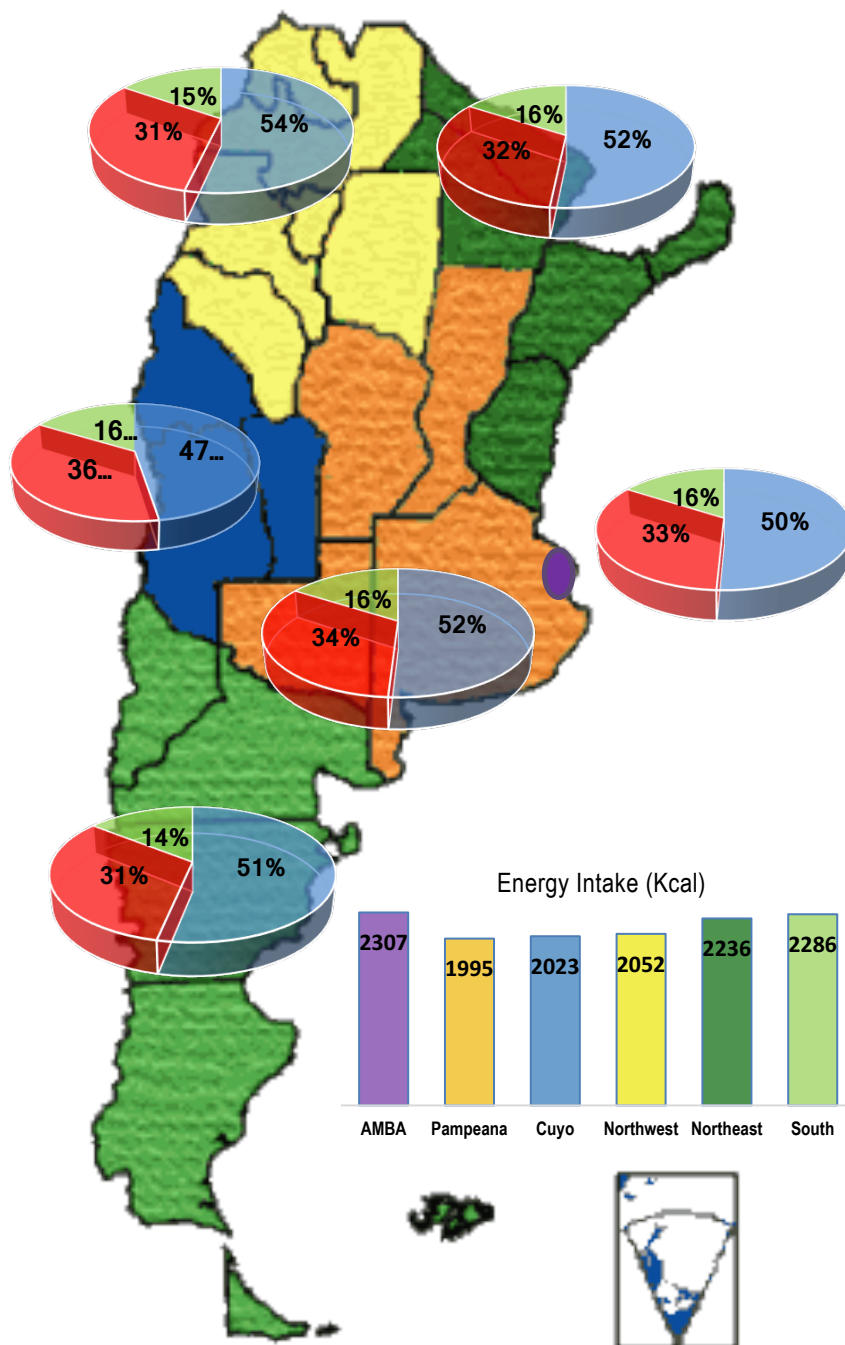
Results:

➤ **Energy Intake & Macronutrient Distribution in whole sample** (n=1266) in Women (51,42%) & Men (48,58%)

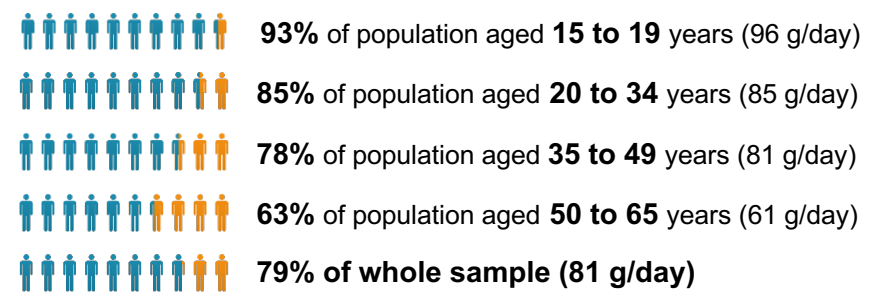


➤ **Energy Intake & Macronutrient Distribution by Region**

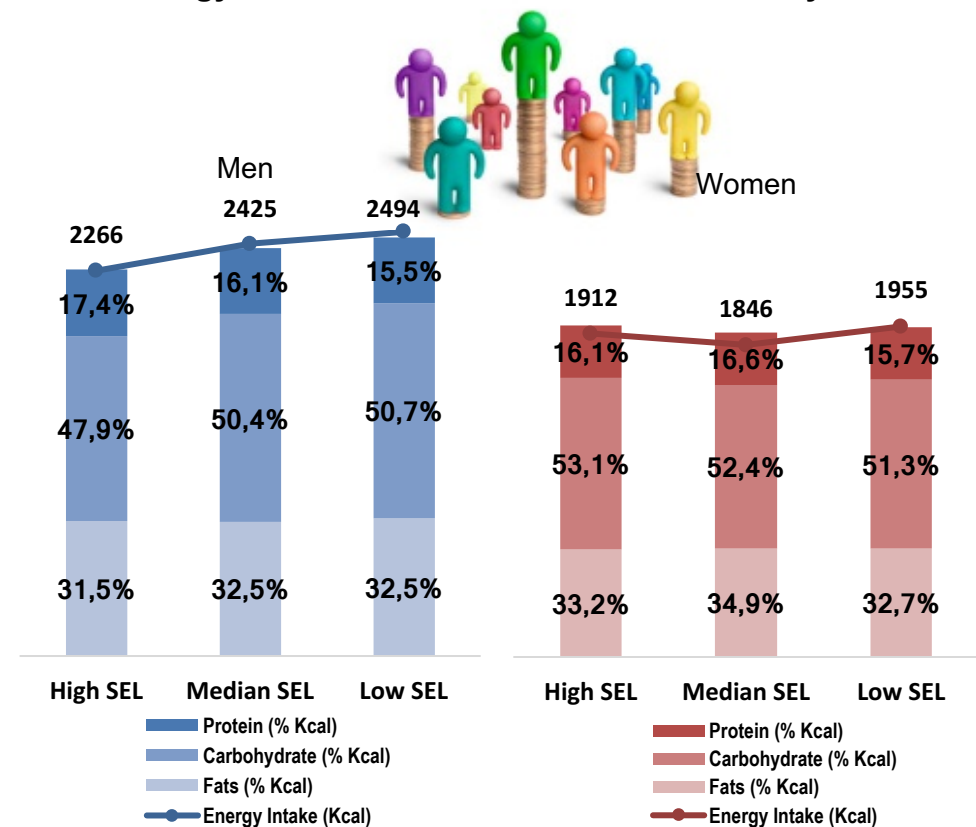
Region	AMBA	Pampeana	Cuyo	Northwest	Northeast	South
Energy Intake (Kcal)	2307	1995	2023	2052	2236	2286
Carbohydrate (%Kcal)	50%	52%	47%	54%	52%	51%
Fats (% Kcal)	33%	34%	36%	31%	32%	31%
Protein (%Kcal)	16%	16%	16%	15%	16%	14%



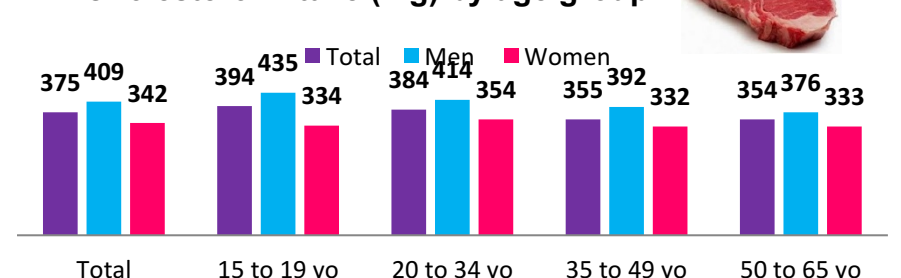
➤ **The Added Sugar Intake exceeds the recommendation* in:**



➤ **Energy Intake & Macronutrient Distribution by SEL**



➤ **Cholesterol Intake (mg) by age group**



Conclusions:

In Argentina, population diet showed high levels of critical nutrients as saturated fats, cholesterol, and added sugars, all related to cardiovascular disease and metabolic syndrome. Differences by region and by SEL were found and should be taken into account by public health stakeholders.

Conflict of interest:

The ELANS is supported by a scientific grant from the Coca Cola Company and support from the Instituto Pensi / Hospital Infantil Sabara, International Life Science Institute of Argentina, Universidad de Costa Rica, Pontificia Universidad Católica de Chile, Pontificia Universidad Javeriana, Universidad Central de Venezuela (CENDES-UCV)/Fundación Bengoa, Universidad San Francisco de Quito, and Instituto de Investigación Nutricional de Peru. The funders had no role in study design, data collection and analysis, the decision to publish, or the preparation of this manuscript.

